

IN THE ABSTRACT:

Applicant substitutes the Abstract on page 12 of the application with the revised Abstract enclosed herewith. Applicant's revised abstract is provided in both marked and clean versions as directed by 37 CFR 1.121. In particular, the Applicant's revised Abstract does not exceed 150 words and avoids the language cited by the Examiner in the Office Action.



ABSTRACT OF THE DISCLOSURE

INTUSSUSCEPTIBLE EXERCISE APPARATUS FOR STRETCHING AND KICKING

The present invention discloses an exercise apparatus for kicking and stretching. The apparatus includes an elongate support member having opposed upper and lower free extents with a longitudinal body interposed therebetween. The body includes one or more intussusceptible portions that are reciprocatingly slidable relative to one another and further relative to a lower body portion for height adjustment. At least one clamping member is disposed along the body such that each intussusceptible portion accepts an adjacent intussusceptible portion therewithin. The support member also includes a truss member disposed proximate the lower free extent of the body and having two or more legs to stabilize the support member in an upright position. The legs are joined to a reciprocatingly slidable leg connector for retraction of the legs. A cross member is provided that includes a limb support portion for support of a user's limb thereon.